



### EXERCISES ON THE CHAIR

#### **0:16**

Sitting on a chair, get your feet straight, stretch your head and backbone (do not lean against the back of the chair). Your knees go apart followed by the heels, then back and apart again. Leave them apart and get your heels under the knees and the tips of toes the same direction as your thighs.

#### **0:49**

Lift your tools above the mat several times and relax.

#### **1:05**

Lift the whole tip of your foot several times (the toes remain stretched), release it and do the same with the other foot.

#### **1:19**

Lift one heel above the place where it stood, the foot presses against the joint under the big toe and the big toe. The ischial bone presses against the chair. Release it and do the same with the other heel. Repeat several times and put the feet back straight in front of you.

#### **1:50**

Bend forward – your hands positioned relaxed on the thighs, your head stretched towards the ceiling, your shoulders are lowered and broad. With your belly pulled in and your back straight, bend forward and backward several times pressing against your feet. Bend in your waist not in your hips or groins.

#### **2:37**

Clench your fists several times, release them and stretch your fingers as much as possible.

#### **2:53**

Turn your palms towards the ceiling and draw the tips of your fingers towards your wrists. Then release your hands and let them go down.

#### **3:22**

Draw your shoulders towards the ears and put them back. The elbows remain stretched.

#### **3:38**

Return your palms on your thighs and put your feet straight forward. It may happen that while exercising the right position of your feet changes, so better check it from time to time and keep it in the right position.

#### **3:59**

Nod your head making very short movements as if writing short vertical lines with your nose.

#### **4:12**

Swing your head as if saying NO, NO while slightly stretching your head to the ceiling. Again, it is a short motion.



### **4:28**

Now draw small circles with your nose around the cross you had drawn in previous exercises.

### **4:48**

Release your hands and then alternately stretch your arms towards the ceiling, the elbow, the wrist and your fingers are all stretched.

### **5:17**

Now put your hands up and stretch your fingers towards the ceiling and release them back. Ischial bones remain stuck to the chair and your feet to the floor. Your fingers are pulled to the ceiling and your shoulders to the ears.

### **5:45**

Stretch your hands and fingers towards the floor several times and release them.

### **5:52**

Your arms down, turn your palms and thumbs back several times and release them back. Your wrists stay released.

### **6:14**

Bend your arms in elbows. The elbows are under your shoulders and your fingers stretched forward. Turn your palms to the ceiling and to the floor several times.

### **6:33**

Leave your palms turned towards the ceiling and move your hands apart and then back. Your wrist and fingers are at the same high as your elbow, they are stretched and relaxed.

### **6:57**

Turn your palms towards the floor and move your hands apart and back. Your hands stay relaxed in the wrists.

### **7:23**

Alternately press against one foot and lift the other knee and do the same with the other foot and knee. It is important to press the foot against the floor hard so that you do not harm your lumbar area.

### **7:55**

Lean on one leg and stretch the other one in front, put the heel on the floor and draw the foot towards yourself. Bend your toes.

### **8:17**

Bend your foot in your ankle, your toes stay stretched and relaxed, so that you do not get cramps into your foot or calf.

### **8:38**

Do the same with your other foot. At first your foot is bent in the ankle and you just bend your toes. Then bend your foot in the ankle and the toes stay relaxed. The heel slips on the floor.



### **9:16**

Return your feet under your body, release and shake them. Supported on the heel and the big toe, you have fixed tummy, and slightly wiggle your knees so that the muscles on your thighs and calves stay relaxed.

### **9:40**

Release your back – sit on your tailbone and relax. Get up vertebra after vertebra, your head last.

### **9:55**

After stretching the whole of your backbone sit down back on your tailbone, your shoulders down, look into your lap. Stretch your arms in front and turn your palms up and then put them back on your thighs, get up vertebra after vertebra, your head last.

### **10:27**

Bend the forearm of one arm into the right angle, turn the palm up and put the forearm (the palm) to the elbow of the other arm. Put the forearm back, turn the palm down and put it on the thigh. Do the same with your other arm and repeat it several times. The elbow stays under the shoulder, do not push it forward.

### **10:54**

Accompany the motion of arms with the motion of head – look the direction of your fingers.

### **11:17**

Your hands will continue the motion but your head will look the other direction, where your elbow turns.

### **11:38**

Release your arms down along your body. Breathing in stretch them towards the ceiling, stretch your body and then release your arms down again.

### **11:52**

One leg in place, put the other one a bit backwards, press against the joint under your big toe and against the big toe and press the heel as near the floor as possible. By pressing against both feet, lift a bit above the chair.

Keep your knees at the width of the hips.

### **12:34**

Change your legs. Pressing against the joint under your big toe and the toe itself, press your heel against the floor. Press both of your feet and that pressure is mainly directed into your heel.

### **13:00**

Through this exercise you can get up into the standing position. One leg stays in place, the other one goes a bit backwards, press your feet into the floor and get up. Change your legs and do the same.